

2020 Klinghardt Melatonin Solutions (for brain health, detox and restorative sleep)

**Transdermal Melatonin: 732-987-4209 Compounding Pharmacy**

**Why Melatonin is Important – and how to use it.**

## **Know your weakness: our most vulnerable spot is the Pineal gland**

What do we know about it? Wikipedia says

**Why we need a healthy Pineal Gland to stay healthy?**

The pineal gland is involved in several functions of the body including:

- secretion of the hormone **melatonin** with its multiple roles in our health
- Regulation of many if not all endocrine functions
- Conversion of nervous system signals to endocrine signals
- Causes sleepiness
- Influences sexual development
- Influences immune system function.

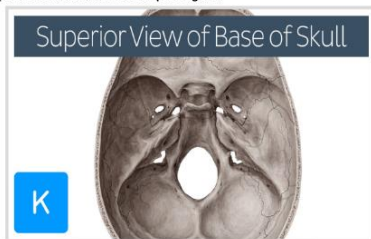
In humans, its full function remains somewhat unknown. It is **located in the anatomical center of the brain.**

The projection zone of the pineal gland to the forehead is often referred to as the third eye (also called the mind's eye, or inner eye). It is mostly believed to be a mystical and esoteric concept of a speculative invisible eye which provides perception beyond ordinary sight. In certain dharmic spiritual traditions the third eye refers to the ajna (or brow) chakra. Creates a block to sensing the connection to spirituality.

Experiment Prof. Yomura: if the 3<sup>rd</sup> eye is covered with aluminum foil, a dowser can no longer dowse, a kinesiologist can no longer muscle test and a psychic can no longer retrieve higher information.

**Pineal Gland activation: 936Hz** The base of the skull is shaped like 4 satellite dishes slightly turned towards a common point: the exact location of the **pineal gland**

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If the dish would be the base of the skull, the receiver would be exactly at the location of the pineal gland. The skull and the pineal gland are a perfect satellite dish-tuned for the reception of light.

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**Why we need a healthy Pineal gland to stay healthy? – or else!**

Melatonin is mostly known for its **mild sleep** inducing effect at dosages of 0.25 - 3 mg. **Melatonin also clears effects of Electromagnetic Radiation in the brain/pineal gland.**

**To induce more long lasting sleep, use transdermal melatonin at higher doses** (Aeschbach, D., et al. "Use of transdermal melatonin delivery to improve sleep maintenance during daytime." Clinical Pharmacology & Therapeutics 86.4 (2009): 378-38) zum anderen gibt es aber auch zahlreiche andere Heilwirkungen.

To minimize birthtrauma and decompression injury from divers (Aridas, James DS, et al. "Systemic and transdermal melatonin administration prevents neuropathology in response to perinatal asphyxia in newborn lambs." *Journal of pineal research* 64.4 (2018): e12479). This research has helped us understand why high dose TD Melatonin is a miracle for **spinal chord injuries** and infectious issues such as transverse myelitis from Bartonella or Lyme (300-500 mg)

**Cancer:** Blask, David E., Leonard A. Sauer, and Robert T. Dauchy. "Melatonin as a chronobiotic/anticancer agent: cellular, biochemical, and molecular mechanisms of action and their implications for circadian-based cancer therapy." *Current topics in medicinal chemistry* 2.2 (2002): 113-132.)Jung-Hynes, Brittney, et al. "Melatonin, a novel Sirt1 inhibitor, imparts antiproliferative effects against **prostate cancer** in vitro in culture and in vivo in TRAMP model." *Journal of pineal research* 50.2 (2011): 140-149.

**To Increase Melatonin- Rub the melatonin cream on upper arms- lymph area at night only. Start with 2 pumps on both underarms for 3 months- then decrease to one pump on each.**

### **Transdermal Melatonin: 732-987-4209 Compounding Pharmacy**

- Adult dosing: initially 500 mg or more. Permanent protective dose: 125-250 mg – Klinghardt formula. – 2 pumps at night on upper arms.
- Children: initial dosing 250 mg. Permanent dose: 80 mg.
- For the first 3-6 months strong detox reactions are to be expected and should be dealt with – with the help of a practitioner and use binders.chlorella or zeolite with the ioncleanse foot bath every 3 days. Toxins will be eliminated through urine.

### **Aluminum and Mercury Detox**

- **Cilantro** ([www.biopureUS.com](http://www.biopureUS.com)) tincture - specially grown organic cilantro + 7 flower stem cell extracts: slowly titrate from 5 drops twice daily to 2 dropperfull (=30 drops) 3 times daily (t.i.d) 30 min before each meal (mobilizes toxic metals, also increases bile flow)
  - Transdermal **Melatonin** (80-300 mg) [732-987-4209](http://732-987-4209) All Wellness Pharmacy /NJ/NY
  - **ACILIS** water: 1 quart/day (phantastic results):
  - **Kidney tincture-Renolo** - allium ursinum, cistus incanus, 7 flower stem cell extracts (protects white and red bloodcells and nephrons from oxidative damage caused by mobilized metals) available from Both 2 dropperful 3 times/day
  - **Al-Detox (Polmolo)** – enula root, coriander root & seeds, bardana root and horsetail. 10 to 15 drops twice daily.
  - **DEO: transdermal detox deodorant:** apply every night to axilla and groin –
- Order** from Biopureus.com – apply the discount “Klinghardt Academy” at check out.

### **Binders: Chlorella and Zeobind-Zeolite**

**Discount code is “Klinghardt Academy” to Use at check out: for purchases at Biopureus.com**

- **Chlorella Vulgaris or Pyrenoidosa:** start with medium dose of 8 tablets (200mg each) t.i.d 5 min after taking Cilantro. Increase: during times of crisis, Herxheimer reaction or if no change is perceived. Max dose: 40 tablets. 3 times daily.
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- **High silica Zeolite:** in addition to chlorella (or instead, if chlorella is not yet tolerated): start ¼ teaspoon twice daily between meals, slowly increase to 4 times/day away from all food or vitamins. **Available from BioPureUS – Discount code is “Klinghardt Academy**
- **Ionic Detox Footbath:** twice weekly for 30 minutes ([www.amajordifference.com](http://www.amajordifference.com)). Main metal mobilization is on day 3 after the treatment. Increase binders on that day.
- **Ask for Klinghardt detox model protocol for home use or the model with specific frequencies suggested for clinic use. Not all foot baths have the same results. [\(303\) 755-0112](tel:3037550112)**
- **Contact [info@klinghardttacademy.com](mailto:info@klinghardttacademy.com)** for suggested usage information for the detox protocol.

**Discount Code: ‘Klinghardt Academy’ or “HEALTH” use at check out at Biopureus.com**

## References:

Melatonin is mostly known for its mild sleep inducing effect at dosages of 0.25 - 3 mg

To induce more long lasting sleep, use transdermal melatonin (Aeschbach, D., et al. "Use of transdermal melatonin delivery to improve sleep maintenance during daytime." *Clinical Pharmacology & Therapeutics* 86.4 (2009): 378-38) zum anderen gibt es aber auch zahlreiche andere Heilwirkungen.

Melatonin is – in higher doses - the **strongest antioxidant and peroxynitrite scavenger** in our system (Reiter, Russel J., et al. "Biochemical reactivity of melatonin with reactive oxygen and nitrogen species." *Cell biochemistry and biophysics* 34.2 (2001): 237-256.),

To minimize birthtrauma and decompression injury from divers (Aridas, James DS, et al. "Systemic and transdermal melatonin administration prevents neuropathology in response to perinatal asphyxia in newborn lambs." *Journal of pineal research* 64.4 (2018): e12479). This research has helped us understand why high dose TD Melatonin is a miracle for **spinal chord injuries** and infectious issues such as transverse myelitis from Bartonella or Lyme (300-500 mg)

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Jung-Hynes, Brittney, et al. "Melatonin, a novel Sirt1 inhibitor, imparts antiproliferative effects against **prostate cancer** in vitro in culture and in vivo in TRAMP model." *Journal of pineal research* 50.2 (2011): 140-149.

**Melatonin is the ultimate protection against Electromagnetic radiation (3G and 5G):** Reiter, Russel J., et al. "Melatonin as a radioprotective agent: a review." *International Journal of Radiation Oncology\* Biology\* Physics* 59.3 (2004): 639-653.

The ultimate repair agent for **mitochondrial damage** - that's all of us! (Andrabi, Shaida A., et al. "Direct inhibition of the mitochondrial permeability transition pore: a possible mechanism responsible for anti-apoptotic effects of melatonin." *The FASEB journal* 18.7 (2004): 869-871)

„Activation of GABA-A receptor Protects Mitochondria and Reduces Cerebral ischemia“. Neetu Tyagi et al., FASEB J )

“Melatonin reduces sustained [Ca<sup>2+</sup>]<sub>i</sub> increase in primary neuronal cultures exposed to NMDA”.

Melatonin and cardioprotection against ischaemia/reperfusion injury: What's new? A review

14 April 2018 | Journal of Pineal Research, Vol. 65, No. 1

**Anti-Aging:** “The role of melatonin, a multitasking molecule, in retarding the processes of ageing”. Ageing Research Reviews, Vol. 47),

Metwally, Mohamed MM, Lamiaa LM Ebraheim, and Azza AA Galal. "Potential therapeutic role of melatonin on STZ-induced **diabetic central neuropathy**: A biochemical, histopathological, immunohistochemical and ultrastructural study." *Acta histochemica* 120.8 (2018): 828-836.).

August 2017; Cellular and Molecular Life Sciences, Vol. 74, No. 21. “Nanomelatonin triggers superior anticancer functionality in a human malignant glioblastoma cell line”

(Fischer, T. W., et al. "Melatonin increases anagen hair rate in women with androgenetic alopecia or diffuse alopecia: results of a pilot randomized controlled trial." *British Journal of Dermatology* 150.2 (2004): 341-345

Notes from Klinghardt Academy Brain Masters Conference Lecture

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